



Introductory weekend



The concepts and principles of
NeuroMuscular Reprogramming

Protocols for Hips and Low Back

with Jocelyn Olivier

Learn safe protocols to address
sacroiliac joint pain, hip pain,
"Military Spine", excessive lordosis,
sciatica, and more.

- ✓ *Relieve compression effects* from past falls on the sacrum and coccyx.
- ✓ *Reduce the effects of shock and whiplash* to the spine.
- ✓ *Recondition active support* of the erector spinae muscles.
- ✓ *Learn corrective activities* to retrain efficient use of the low back and hips.

Spring 2020 starts in **Asheville, N.C.**

Fri; May 1 from 7 pm - 10 pm

Sat, Sun; May 2, 3 from 9:30 am - 6 pm

CEU's 18 Hours **2020 LIVE COURSE**

Tuition: \$550 or \$495 if paid in full by Apr 3

Special Double Discount Offer

Take *Mods 1* and *2* together and **pay only \$900** if paid in full by April 3, \$1100 thereafter. *Mod 2* in Charlotte, June 5-7. Pay through the Asheville School.

Sponsor, Registrar, Local Contact:

Mike Williams (828) 505-1033

Register:

Mike@centerformassage.com

Location:

Center for Massage

14 Eagle Street

Asheville, NC 28801

NMR provides fast, easy corrections

for complex coordination dysfunctions of the hips and low back. Correcting poor sequencing among the muscles controlling movement and stabilization in these areas quickly restores proper biomechanics and range of motion, alleviating chronic and acute pain of the Gluteals, SIJ and Lumbar Spine.

Safely address the neuromuscular and musculo-skeletal problems of the hips and low back at their source: in the motor coordination center of the brain. NMR reprograms the stored information governing coordinated movement.

Jocelyn Olivier, CMT MBW is the developer of NeuroMuscular Reprogramming®. She has been a visionary and innovator in the fields of rehabilitation and education for over forty years.



As founder and director of the Institute of Conscious BodyWork, Alive & Well! Jocelyn has trained over 10,000 senior bodywork practitioners. She has advanced our understanding of the value of integrating neurological reprogramming with functional re-education to accomplish the highest level of recovery from acute and chronic injuries.

Alive & Well Institute of Conscious BodyWork is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal. Provider #451689-11, exp 7/22/2020.